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Presents...



98 WAYS

TO STOP MASTURBATING

Mindsets, Tips, & Techniques to
Break Your Habit of Masturbation

By Marc Summers



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A Personal Letter to You

Hey Marc Summers here,

I'm really glad you've made the choice and have the desire to stop masturbating... or at least cut back.

People all around the world who have decided to knock off the habit are reporting positive experiences such as much better results with the opposite sex as well as better results in their personal lives.

They're reporting that they're more focused, productive, and ultimately happier.

Just like you, at one point in my life I was stuck on this habit and didn't know how to knock it off.

Even when I got caught by my older brother as a teenager, I still kept doing it – I only got a little more top secret about it.

No matter how much I punished myself, shamed myself, or made myself feel guilty for it, I just couldn't stop!

But after a lot of determination, persistence, and trying, I was able to quit. **Here's how you can too.**

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PART 1 -

Overcoming Masturbation Starts With Your Mindset

#1 Make a Plan

Hardly anything is ever achieved without a plan.

A set plan.

A well-organized plan.

So if you want to end your habit of masturbating and end the guilty feelings you have about it, YOU HAVE TO PLAN IT OUT. YOU HAVE TO CREATE A PLAN!

Decide EXACTLY what you're going to do about quitting your habit of masturbation and then DO IT.

Everything great thing that has ever been achieved throughout the course of human history was accomplished ONLY because they planned what they were going to do and DID WHAT THEY PLANNED.

So if you want to do a great such as not masturbating anymore, which is no small feat, you have to plan it and you have to plan it well.

You can't just say you want to stop masturbating and expect it to magically happen.

It's going to require planning and work on your part.

#2 Ignore What Others Say About It

So the issue of masturbation is a HIGHLY DEBATED issue. It was in the past and I believe it always will be.

When you tell others that you are quitting masturbation, and that you even bought a product to help you, there's a good chance you're going to get all kinds of feedback that you may not like.

People are going to tell you that masturbation is good for you, you're being ridiculous, you're going off the deep end, and a bunch of other stuff.

Learn to ignore that stuff.

If you let it seep into your mind, it will prevent getting what you want and doing what you want.

Everyone has opinions – don't let them bother you

Everyone likes to think they're an expert on everything. So don't let this stuff derail you and cause you to give up on your path to ending masturbation.

#3 Follow Your Gut Instinct – If It Feels Unnatural or Wrong, Don't Do It

The whole reason I wrote this book and the reason I'm here talking to you RIGHT NOW is because it dawned on me one day that masturbation just didn't feel right.

It felt wrong and I felt like I shouldn't be doing it. I had never read or heard it was wrong, it just FELT wrong.

That gut instinct is what led me down this path and led me to ultimately stop masturbating.

So figure out what your gut instincts are telling you.

If it doesn't feel right or it doesn't feel natural, you might be onto something.

Follow your intuition because it will never lie to you and it will never steer you in the wrong direction.

#4 Stop Fighting With Yourself

So a lot of us, who have the gut instincts and feelings of masturbation being wrong, like to fight with ourselves about the decision we're making.

We like to convince ourselves that our mind is just playing tricks on us and that what we're feeling isn't real.

We read and listen to other people talk about how masturbation has no side effects and how it actually makes them feel awesome.

We like to say, "Well maybe it's just me. Maybe I'm just being dumb and what everyone else is saying is actually right and I'm wrong."

Don't listen to that little voice in your head that wants to fight with you every time you feel that what you're doing isn't right.

Stop doubting yourself. Stop having second thoughts. Stop thinking that maybe you're wrong and everyone else is right.

I learned from [Clinical Psychologist Gordon Bruin](#) that there's a part of your brain called the **Limbic System** and it's responsible for 3 things: *Surviving, Avoiding Pain, and Seeking Pleasure*.

The Limbic System likes to rationalize and justify things.

There's another part of your brain called the **Prefrontal Cortex** which is rational, logical, cognitive, and it makes sense of things.

Well these two parts of the brain sometimes don't get along with each other and bump heads on various things – like masturbation.

Your Limbic System LOVES masturbation and it says, "I want more of that! It's Awesome!"

Your Prefrontal Cortex is more logical and says, "Whoa, wait a minute. Masturbation may not that great for your body. Besides it feeling good, it makes you feel terrible afterwards. You might want to chill out."

So when you're masturbating like crazy, that's your Limbic System in action. It's cheering you on. When you're done and you feel guilty or weird after, that's your Prefrontal Cortex making sense of what just happened.

#5 Admit To Yourself If You Actually Have a Problem

We all know that the first step to fixing a problem is admitting we have one in the first place.

Many of us don't like to admit anything is wrong because we think it will make us look weaker or less perfect.

That shit doesn't matter.

Trying to look like a strong person or someone who's perfect is only going to leave you all screwed up on the inside. This mindset ISN'T GOING TO SOLVE ANYTHING.

So if you want to start getting a handle on your problem of masturbating, you have to admit to yourself that it is actually a problem.

Let's be real here... if you didn't think masturbation was a problem and you believed you had it completely under control, you wouldn't be reading this book.

#6 Picture the Person You Want To Become

1 month, 6 months, 1 year, even 5 years from now, who do you want to be?

Who is the person that you envision in your mind that you will become if you are actually able to get this silly habit of masturbation under control?

Make a clear picture of who you want to be – how are they dressed? How do they stand? How do they walk? How do they talk? How do they carry themselves? What kind of person are they? What do they do when no one is looking? What kind of person are they when no one is looking?

Write down IN DETAIL everything about the person you want to AND WILL ultimately become.

Why is detail important? Why should you write it down?

Because THE MORE PRECISE AND CLEAR you are about it, the more likely you are to actually become this person. The more likely it will actually happen!

#7 Temporary Pain Is Worth Not Having the Long Term Pain

A lot of us never get to where we want to be in life because we're not willing to go through the temporary pain or discomfort that comes along with getting what we want.

We would MUCH RATHER stay in our cozy little comfort zone than to get out of it, experience a little discomfort, and ultimately GROW into a bigger and better person.

If you want to become a better person, it's going to hurt a little. It's not going to be all rainbows and sunshine. You're going to have to experience some pain. You're going to have to experience some discomfort. You're going to have to get your ass out of that comfort zone.

If you don't, you're likely to experience a LIFETIME of pain and discomfort that can ultimately be avoided.

Most people don't want to go to the gym and workout because it hurts, it's uncomfortable, and it causes them to experience pain.

But the pain is only temporary.

Your body gets used to it and you actually begin to enjoy the pain and pleasure you get from going to the gym.

What about the people who refuse to ever go the gym to get in better shape? Do they avoid the pain?

NOPE.

They live the rest of their lives in terrible shape, with medical conditions that probably could have been avoided, and they have to live with the pain of looking in the mirror every day at a body and image that they don't like.

The temporary pain would have avoided this altogether.

So are you willing to go through the temporary pain of self-discipline and self-control in order to become the person you want to be? Are you willing to get out of your comfort zone to knock off the habit of masturbation? Get through the temporary pain NOW and don't wait.

#8 What Are You Getting Out Of Masturbation?

Many of us masturbate everyday just for the TEMPORARY pleasure that it brings.

To some of us, it's actually worth feeling like a worthless and lazy piece of crap for the rest of the day!

What are YOU getting out of it?

What are you going to get out of it if you STOP?

Which one is worth more? Doing it or not doing it?

Which one will make you a better person?

Figure out if masturbation is really your friend or a friend that stabs you in the back.

After I thought about it, I realized that masturbation was not making me a better person whatsoever. It was actually hurting me and I wasn't even aware of it! I am a much better person now for having stopped than I was when I was hiding away secretly masturbating.

#9 Is It Making You A Better Person?

So like I just said, I realized that I was a better person when I didn't masturbate. For the longest time I thought that I had something wrong with my brain and I wasn't "normal" like everyone else.

I would take brain supplements from nutrition stores and all kinds of stuff.

When I stopped masturbating, all of this stuff WENT AWAY.

I didn't need the brain supplements and I didn't feel like I wasn't "normal" anymore.

I became a better person when I stopped.

So ask yourself...

If you stop masturbating, will you become a better person? Will you feel like a better person?

What is masturbation stopping from doing overall?

Who is masturbation stopping you from becoming?

#10 Series of Questions to Ask Yourself

[READ THIS](#) and ask yourself these questions...

Is masturbation affecting my relationships?

Do I feel less confident? Is my self-esteem lower?

Am I less social? Do I get nervous and shy easier?

Am I less productive when I masturbate? Do I feel lazier? Do I feel unmotivated? Have I lost interest in every day normal stuff?

Do I get angrier or moody faster?

Do I feel less happy?

Do I feel guilty about it? Does it feel wrong or perverted?

Do I feel less in control of myself? Am I less in control of my emotions?

Do I experience a lot of anxiety every day?

Do I feel more depressed than usual?

Am I constantly thinking about sex?

#11 Educate Yourself

A big reason I was able to stop masturbating was because I did a TON OF RESEARCH on what is happening in your mind and body during and after you masturbate.

Like I said, I began not feeling right after I would get done. I watched videos, read books, articles, and took notes. Then I cross checked everything I found to make sure it wasn't just some crazy irrational thought someone was having.

After 3 YEARS of compiling notes, experimenting, and trying out what I was learning, I was able to come to MY OWN CONCLUSIONS about masturbation.

I started out by putting a 13 page section about not masturbating in my eBook [Ace Your Dates – How To Stand Out and Know Exactly What You're Doing With Women and Dating](#), then I created [A VERY POPULAR VIDEO](#) on YouTube, followed by an epic article called [33 Reasons You Should Stop Masturbating](#).

I encourage you to do your own research as well. Don't just follow my stuff. Research until you're positive about why you want to stop masturbating.

#12 Convince Yourself of the Benefits

After you've done all your research, experiment with some of the stuff you learned.

Try the stuff out on yourself to see if the person who shared the information with you is crazy or they actually have a point.

Like I said, that's the only way I learned and convinced myself.

Dale Carnegie said, *"A man convinced against his own will is of the same opinion still."*

That means if you don't convince YOURSELF, you'll never change your mind about it and you'll stay stuck where you're currently at.

So everything you learn, TRY TO PROVE IT WRONG.

Try to prove the stuff I say wrong because I'm not perfect by a long shot nor am I that smart!

If you can convince yourself of the benefits, you're more likely to succeed in quitting masturbation.

#13 Visualize Success

Imagine what it will be like 1 month, 6 months, 1 year, and 5 years from now, to wake up, live your day, and go to sleep without the urge of masturbation consuming your mind.

Imagine what it will be like to NOT HAVE MASTURBATION RULE YOUR LIFE.

Imagine what it will be like to no longer feel victimized by masturbation – to no longer be a victim of a habit THAT YOU DON'T WANT in your life.

Imagine what it will be like to be free of this guilt ridden habit.

Imagine what it will feel like to be in complete control of yourself.

Imagine what it will feel like to no longer be disappointed in yourself.

Imagine what it will feel like to no longer be angry at yourself.

Visualize every day and night the person you want to become. Visualize how it will feel overcoming your habit.

#14 Stop Deceiving Yourself

Self-deception is rampant among most of us. We refuse to see what others see and we only see what we want to.

We deceive ourselves so that the image we hold in our mind of ourselves is desirable and easy to look at. We don't like being disappointed in ourselves. So what we'll do is we'll take what we have and twist it and manipulate it so it doesn't seem "that bad".

Most of us don't see what those around us see because we are SO FULL of self-deception.

When you want to stop masturbating because YOU KNOW there's something about it that just doesn't seem right, it's easy to deceive yourself and change your own mind – to rationalize and justify what you're doing.

But then after you do the deed – masturbate- the logical part of your brain turns back on and you're like, "Dammit! Why the hell did I do that? I didn't want to!"

Learn when you're deceiving yourself and stop it.

#15 If You Want Change, YOU Have to Change

We all make New Year's Resolutions to do things different and get better results. But how many of us actually succeed?

StatisticBrain.com says that **ONLY 8%** of us who try to make changes actually succeed! That's sad.

Why so low? Because most of us don't understand this one simple truth:

"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have control of." – Jim Rohn

When we want change, we want to change everything around us instead of focusing on changing OURSELVES. If you can focus on working on yourself instead of those around you, you'll get great results!

#16 Write Down Your Goals, & Read Them Every Morning and Night

It's no coincidence that the most successful people in the world have developed the habit of **WRITING DOWN** their goals and they read them every morning and every night.

They even say this was their number one habit that helped them be successful!

Why is this so powerful?

Why does this work?

Why is this necessary for you to do?

I learned from [Tony Robbins](#) that it's because of something in your brain called the [Reticular Activating System](#) – the more you place something in front of you, the more likely you are to notice it other places.

If you buy a Volkswagen Beetle, you're more likely to notice Volkswagen Beetles everywhere you go!

Even if you never noticed them before!

Your Reticular Activating System works in your favor when you write down what you want and then read it regularly.

When you write down your goals and what you want and read them EVERY DAY and EVERY NIGHT, you're more likely to get that stuff or stick to that particular behavior because that's what you're telling your brain to pay attention to!

That's what you're telling your brain that you want!

That's what you're telling your brain to keep an eye out for!

That's what you're making priority number one in your mind!

The Reticular Activating System works with anything you subject yourself to repeatedly and you can use it as a tool to get whatever you want in life.

So write down your goals on the BONUS SHEET that you downloaded and put it in a place where you're going to see it and be able to read it every morning and night.

#17 Create an Action Plan

Another thing that successful people do to help them become successful and reach their goals is creating action plans.

Creating an action plan is **WRITING DOWN IN DETAIL EXACTLY WHAT YOU'RE GOING TO DO TO MEET YOUR GOALS AND CHANGE YOUR BEHAVIOR.**

Start by writing down the biggest and most important things first – such as getting rid of all porn or toys you own.

Then as you write down the rest of your action steps, order them by priority so you get the biggest and most important ones out of the way first.

This is something I learned from the book Eat That Frog! by Brian Tracy.

You can plan to do whatever you want and get excited about it, but if you don't have a number of actions written down that you're going to take to get there, your chances of success go down significantly.

#18 Keep Track Of Your Success

If you want to multiply your chances of success, you need to track what you're doing.

You need to keep track of your behavior every single day.

You need to keep track of whether you masturbated or not that day so you can see how many days in a row you've gone without doing it.

Having a visual chart or a progress sheet to look at every single day motivates you to keep doing good, stay on track with what you want, and to continue down that path.

A progress sheet to track your success gives you a history report that you really need in the times of weakness and in the times that you really want to masturbate.

It gives you the ability to look back and say, "Man, I've been doing really good!. I'm going to keep it up!"

#19 Write a List of Rules for Yourself

We should all live by rules.

Without rules and laws, we have chaos in the world.

Without rules within ourselves, we have chaos in our mind and in our behavior.

We should all have a list written down or at least in our mind of what our boundaries are – boundaries that will keep us in line and help us stay focused on our goals. Boundaries that, if we stay within them, will help us reach our goals and get what we want.

So what are your rules? What rules should you put in place immediately for yourself so that you will stop masturbating? When it comes to these rules, there should be no ifs ands or buts about it. You should stick to them. So write down your rules. Write them down and read them regularly.

If you feel that you're getting off track or not sticking to them well, read them again or even re-write them if you absolutely have to.

#20 Raise Your Standards

Standards are a lot like rules.

Standards are what you are and aren't willing to accept out of yourself and the people around you.

If you're constantly masturbating when you really don't want to, how well defined are your standards? They're probably not defined at all.

Figure out and decide what your standards are.

Figure out and decide what is and isn't acceptable behavior to you.

Figure out and decide what you will and will not accept out of yourself when it comes to your behavior.

Make masturbating something that is BELOW your standards and something that you refuse to do because your standards won't allow it.

When I think about doing it, I tell myself, "Nope. I'm not going to lower my standards just to experience a few seconds of pleasure. I'm better than that."

#21 Raise Your Self-Value and Self-Worth

What is your value as a person? Do you know?

What is your self-worth? Do you know that as well?

The more valuable and worthy that you feel, the more likely you are to succeed at the things you want. The more likely it'll be that you'll succeed at not masturbating.

What can you do to raise your self-value? Start learning more. Read books, watch videos, attend events and seminars, and learn as much as you possibly can.

How do you raise your self-worth? Learn new skills. Get good at doing more things. Become someone who is actually worth what they believe they are!

When I was an aircraft mechanic, my bosses would beg me not to quit because I knew how to do things that other mechanics didn't. I possessed skills that other mechanics didn't possess. My self-worth was HIGH.

Raise your value and self-worth.

#22 Commit For 90 Days

When you really want change that actually lasts, it's best to COMMIT TO IT for a period of time.

So do yourself the favor and commit to not masturbating for at least 90 days.

Do all the exercises such as writing down your goals, rules, etc. and look at them every morning and every night for the next 90 days.

I can bet you that at the end of those 90 days, not only will your life be different, but you'll be a different person.

Promise yourself that for 90 days you're going to do your best, give it your best effort, and you're not going to get lazy or cheat.

Make a commitment that for the next 90 days, you're going to keep your goal in mind of what you want and that you're going to make it your highest priority. Don't cheat yourself or sell yourself short. You only live once and if you get it right, that should be enough.

#23 Take Baby Steps

How do you eat an elephant? One bite at a time.

It's interesting how people say that babies learn languages faster than anyone else. But if you think about it, it takes literally 2- 5 years for a child to learn and develop the very basics of a language. So realistically, they don't learn any faster than we do.

We all take baby steps to learn ANYTHING.

Many of us fail at things because we try to do too many things at once, we get overwhelmed, and then we give up.

Don't make this mistake.

If you want to quit masturbating, take it one step at a time.

One day at a time.

One month at a time.

Rome wasn't built in a day. It took thousands of years.

You're going to mess up, relapse, and feel bad about it. Just take it slowly and one step at a time.

#24 Keep It Simple

Another component of people who successfully reach their goals is that they keep it simple.

Complication causes us to lose interest and get bored – in any area of life.

Simplicity, on the other hand, is the ultimate sophistication – as Steve Jobs put it.

Simplicity makes things easier to stick with.

If you want to quit masturbating, don't make it too complicated for yourself.

Keep it simple.

Don't try doing a bunch of crazy and untraditional things that most people wouldn't do.

Don't chop off your penis or sew your vagina shut.

Don't rearrange your whole entire life and move to a different country that doesn't have internet, magazines, toys, or TV.

Don't get too extreme.

Keep it as simple as possible.

#25 If You Relapse, Keep Trying

We all stumble, we all fall down, and we all screw up.

No kid has ever learned to ride a bike without falling off, no one has ever become good at a sport without making errors, and no one has ever quit a really addictive habit or behavior without relapsing a time or two.

You're going to have your moments of weakness and there's a chance that you'll give into it.

That's OK. Just don't make "giving in" a habit.

Just tell yourself, "It's ok, I'll do better this next time around."

None of us are perfect and we all make mistakes.

Don't have an unrealistic image of perfection in your mind because you'll never reach it. Over time you'll get close to it, but you'll never be absolutely perfect.

So if you relapse, forgive yourself, and try harder the next time.

#26 Be Patient

You're not going to go from being highly addicted to masturbation to not being addicted at all overnight. It's going to take time and patience.

If you relapse a few times, don't get frustrated and give up.

Be patient with yourself.

It took me 2 years to really kick the habit... but I also didn't have this awesome book that you're now enjoying to help me get there.

This book is going to cut your time down by 300% but you're still going to have rough times where you're not feeling as strong as you should.

For many of us who don't have patience, we want results overnight. When we don't get them, we give up and say, "Screw it! I'm done."

This quote changed my life years ago and it'll change yours too: *"Many of life's failures are people who did not realize how close they were to success when they gave up."* – Thomas Edison

#27 Be Persistent

It's proven that persistence trumps talent, high IQ, being born into a privileged family, knowing the right people, or being extremely knowledgeable.

Persistence allows you to keep going when everyone else is giving up and quitting and reach goals that no one else can reach because they can't hang in there.

In order to quit masturbating, you need to be persistent. You need to have the attitude of a person who isn't going to give up and you need to be stubborn to the point where you won't give up no matter what.

U.S. Navy SEALs don't pass BUD/s because they are smarter, faster, or stronger than the rest of the guys in their class. They pass because they don't quit. They don't give up. They're persistent.

“Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent.” – Calvin Coolidge

#28 Willpower

I've learned from Eben Pagan that our willpower is limited.

We only have so much.

But the thing is that most of us use our willpower on small things that aren't worth using it on.

When it comes to the things that really need our willpower, we have none left.

This is why it can be hard to quit masturbation – because we're using our willpower on other, less important things.

This is also why it's so damn important to WRITE DOWN your goal of not masturbating and look at it every morning and every night – so you can focus your will power on that instead of other things.

Eben Pagan also said something interesting about willpower and focus that really helped me out, "If you take 100 watts of light energy and shine it in all directions like a light bulb, you can light up a room. BUT, if you take that 100 watts and point all of it in one direction, you have a laser that can cut through steel."

#29 Nobody Is Perfect

As I said before, if you're thinking you're just going to be able to magically stop masturbating right away, think again.

You're going to make a few mistakes along the way, mess up, relapse, and feel bad about it.

Just remember that it's OK.

Nobody's perfect.

Nobody gets it right the first time.

Don't be too hard on yourself or beat yourself up if you make mistakes and end up disappointing yourself.

A single mistake isn't going to ruin your plans and goals.

JUST BE CAREFUL not to make the same mistake more than once.

Learn from your mistakes and figure out how you can avoid making that same mistake again.

When it comes to changing your habits, a few mistakes won't hurt you in the long run.

#30 Forgive Yourself

Last, it's important to forgive yourself for constantly messing up when you wanted to do the right thing.

Forgive yourself for masturbating when you didn't want to and not being able to get the habit under control.

Let all that stuff go and quit pondering on it.

When you don't forgive yourself, you can easily live the rest of your life feeling like a screw up who can't get things right.

A person who messes everything up...

When you feel like that, you're going to have a harder time reaching your goals and getting your habits under control.

Forgiving yourself takes all that negative pressure out of your head and the weight off your shoulders.

When you forgive yourself, you're not trying too hard to live up a fairy tale standard of a person who is absolutely perfect in every way and never messes anything up. So forgive yourself and move on.

PART 2 — Your Brain Process When You Masturbate

#31 Train Your Brain

In order to overcome your habit of masturbation and be done with it for good, it's necessary to train your brain to stop the habit.

Our brain is why we have the habit in the first place!

It's not our body, it's our brain!

So to end the habit of masturbation that you don't want, it's necessary to pull it up by the roots and kill it.

You've trained your brain to get used to masturbation – and you can UNTRAIN it as well so it will get used to NOT MASTURBATING.

Remember, your brain gets used to and wants more of whatever you continually expose it to.

If you masturbate like crazy, it's going to want more masturbation.

If you stop masturbating, and your brain gets used to it, it's going to NATURALLY want to stay away from masturbation.

After a good time of not masturbating, your brain will AUTOMATICALLY stay on the page that you want.

#32 Understand Your Brain

So whenever you want to get good at something or understand something better, it's CRUCIAL to study, learn, and educate yourself on whatever it is that you're aiming for – like quitting masturbation.

Now that you know masturbation starts in your brain, it's good to know WHY that is and [how your brain works](#).

The more you educate yourself and learn how your brain works, the more you'll be able to control what's going on in your head as well as what is and isn't within your control.

You'll learn what things your brain is automatically doing and why and also what YOU are causing your brain to do.

We have A LOT more control over our thoughts, feelings, and action than most people think.

Some things in our brain may be automatic, but we can pick and choose WHAT WE WANT to be automatic.

#33 Neuroplasticity

This is pretty cool.

Up until LITERALLY like 5 years ago, scientists and researchers believed that our brain stayed exactly the same physically from the time we finished growing until the day we died.

BUT, the latest research – new brain scanning and 3D imaging tools - has proved that stuff WRONG!

What they're finding out ACTUALLY HAPPENS is we get a little wrinkle in our brain when we learn something, do something repetitive, or start a new habit. The more we do this habit, the DEEPER the wrinkle becomes! It's just like a river that flows through rock or a canyon – the longer it's been running, the deeper the rock has been cut.

They've also learned that when you STOP THE HABIT, the wrinkle starts to GO AWAY! They literally start to fade until they disappear!

This is good news for YOU. The longer you stop the habit of masturbation, the more likely you are to keep it gone - because your brain will literally erase the habit!

#34 Understand Your Habit

It's also good to study, learn, and educate yourself on the habit of masturbation.

Why do so many people do it?

Why are so many people addicted to it?

The more you learn and educate yourself on masturbation, the higher your chances of success will be when you decide to stop for good and find something better to do.

One of the biggest reasons I was able to successfully stop masturbating was because I educated the hell out of myself on the subject.

I researched everything imaginable because I wanted to know everything about it and how I can stop.

Do the same.

Seek to understand your habit, get the facts, read statistics, and read stories about people who had their life ruined by masturbation and how they stopped.

#35 Understand How Habits Work

As you learned with Neuroplasticity, your brain LITERALLY gets used to what you tell it to get used to.

Most of our habits are necessary or make us feel good – that's why we do what we're doing over and over again. The reason it feels good is because our brain is responding to whatever it is we're doing and it releases chemicals that make us feel amazing.

The more we act out a habit, the more our brain adjusts and adapts to automatically do that action and the more natural it becomes for us.

When we learn how to walk and talk, our brain makes it automatic so we don't go insane and die by trying to consciously remember how to do simple things - like walk and talk. It gives us a break by making the things we do over and over again automatic.

Sadly our brain can't tell the difference between stuff like walking, talking, or masturbation.

Our brain will automatically adjust and adapt to whatever it is we do the most.

That's why masturbation happens naturally and automatically – even if you don't want it to!

Your brain has made masturbation an autopilot feature.

But like I said before, you can control what your brain sets on autopilot and what it doesn't.

So how do you make NOT MASTURBATING an autopilot feature in your brain?

Consciously work on not masturbating every single day.

You'll notice that refraining from masturbation will become easier, easier, and easier.

When it gets easier, your brain is taking the action and saying, "Ok we've been seeing this action repeatedly. Let's go ahead and switch it to 'automatic' so we don't have to work so hard to keep doing it. Let's set it to 'auto'.

You can train your mind and brain to stop being set on "automatic" when it comes to masturbation.

#36 Understand Your Instincts

As you also learned earlier, we have different parts of our brain that like to fight with each other – like the Limbic System and the Prefrontal Cortex.

Different parts of our brain want to “instinctually” do different things.

You might find this interesting...

I learned about the [Triune Brain Theory by neuroscientist Paul MacLean](#) from Eben Pagan.

The concept of it is that we essentially have 3 “parts” or 3 “brains” that we act on:

- 1. The Primal or “Reptilian” Brain*
- 2. The Emotional or “Mammalian” Brain*
- 3. The Logical or “Thinking” Brain*

The Primal or “Reptilian” Brain is mainly concerned with sex, survival, reproduction, pleasure, etc. and not much else.

The Emotional or “Mammalian” Brain is mainly concerned with love, nurturing, caring, and sheltering. It’s more emotional.

The Logical or “Thinking” Brain is where you do all your thinking, problem solving, puzzles, etc.

When you’re masturbating, your “Reptilian” Brain is in charge. It’s making the decision for you and shutting down your “Thinking” part of your brain.

After you get done masturbating and you’re sitting or lying there asking yourself, “why did I do that again?” - that’s your “Thinking” Brain switching back on.

The “Thinking” brain knows something about masturbation doesn’t feel right and you hate the way it makes you feel afterwards, but your “Reptilian” Brain doesn’t care – it just wants more sex and pleasure.

So we all have natural “instincts” to reproduce and survive, but we also have natural “instincts” to love, nurture, think logically, and figure things out when something seems a little off.

YOU have to figure out which instincts you’re going to allow to be in charge, benefit you the most, and help you to ultimately get what you want in the long run.

#37 Understand That We Are Animals

Since we all have these different instincts and natural tendencies, the only thing setting us apart from actual animals is that we're conscious of our existence, we can be punctual, we can talk, and we can reason. Take that away and we're essentially animals.

There's a part of our brain that likes to masturbate and doesn't know any better BUT there's also a part of our brain the DOES know better. A part you're NOW aware of.

So when you have incredible and illogical urges to masturbate and satisfy the "reptilian" or "animal" part of your brain, just remember that the animal part of your brain is trying to be in charge and call the shots.

Most of us, who aren't aware of this animal part of our brain, tend to keep giving control to the animal part of our brain. Once you understand that YOU DON'T HAVE TO let the animal part of your brain be in charge, you can find it A LOT easier to stop masturbating.

#38 Allow Your Brain to Heal

Since chronic masturbation actually can and does cause damage to your brain, giving it a break will allow your brain to heal and allow everything to go back to normal.

Too much masturbation causes your chemical levels in your brain to get all screwed up and the natural balance of these chemicals is lost. When you stop, these chemicals should return to normal in about 5-7 days.

The 5-7 days leading up to complete restoration is commonly referred to as the masturbation “hangover”.

Just like someone who quits smoking, as your body is healing itself, your brain is “craving” and “begging” for more nicotine because it’s refusing the change that it sees.

Similarly, you’ll start noticing withdrawals from masturbation. If you allow your brain to heal and return to normal in 5-7 days, the withdrawal feelings go away and you’ll find it easier not to go back to masturbating.

#39 Allow Your Body to Heal

Chronic Masturbation ALSO has a lot of negative effects on your body.

If you've read the article or watched the videos I've posted on MajorLeagueDating.com about it, then you know it isn't good.

Allowing your body to heal and go back to normal will give you more energy and help you feel 10 times better than you ever remember feeling in the past.

Once you get used to your body feeling this way, you won't want to go back to feeling how you did before when you masturbated and you'll naturally be more motivated to quit masturbating FOR GOOD.

Give your body a break.

Allow your body to go back to the way it's supposed to be and you'll wonder why you ever sacrificed your physical well-being for a silly and weird habit like masturbating.

#40 Get to Know Yourself Even Better

Once your brain and your body heals and returns to normal, get used to how it feels.

Enjoy how it feels.

Make it a standard of yours to ALWAYS feel that way.

Get to know yourself better and decide what you want for your body and your brain and how you want to feel from the time you wake up until the time you go to sleep.

Getting to know yourself better will help you make better decisions when the “animal” part of your brain is trying to take over.

Become familiar with how crappy and awful you feel when you're regularly masturbating and become familiar with how awesome you feel when you stop masturbating. Then make a choice: *Do you want to feel shitty from having your guilty pleasure or awesome because you're able to tell yourself no?*

#41 Learn Your Cycle – Resistance, Giving In, Guilt, Frustration, Promising to Never Do It Again

So we all go through a cycle that goes something like this:

- 1. The urge or “time” to masturbate hits us.*
- 2. We try to resist and fight the urge but we say, “Awe screw it. I’m gonna stop anyways.”*
- 3. We give in and go somewhere private where we won’t be seen or caught.*
- 4. We do the deed.*
- 5. Within a minute or so, we’re thinking, “Dammit. Why did I do that?!”*

6. We start feeling guilty.

7. We get frustrated because we weren't able to control ourselves... AGAIN.

8. We promise ourselves, "OK NO MORE. That's the LAST TIME. I deserve better."

9. The urge hits us again later on or the next day and WE DO IT AGAIN.

10. The cycle keeps repeating itself.

I'm sure your cycle is something similar to this if you're reading this book.

If you figure out and learn what your cycle is, you can do better at STOPPING IT at the beginning.

You can identify what is happening and about to happen and you can find it easier to stop the cycle before it is allowed to happen again.

The deeper you allow yourself to get into the cycle, the harder it will be to stop and snap out of it at that moment.

Make it a habit of stopping and snapping out of it THE VERY SECOND the thought starts to creep into your head and you'll notice the cycle will start to fade away.

#42 Figure Out Your Masturbation Routine/Habits

As you've learned, habits become more and more automatic as you do them all the time.

Your cycle of masturbation has more than likely become completely automatic and you find it happening without you even thinking about it!

A cycle that has become a habit that has become something that you do every single day is a ROUTINE.

Figure out and learn your masturbation cycle, habit, and routine – and start putting an end to it before it ever is allowed to begin.

Like I said before, the very second wanting to masturbate pops in your head, tell yourself, “Nope! Not happening! I'm not masturbating! I'm better than that.”

Telling yourself this every day will create a NEW CYCLE, HABIT, and ROUTINE of telling yourself “no”!

#43 Find What Triggers You to Want to Masturbate

There is something that happens every single day that triggers our brain to want to masturbate.

Like for me, when I would go to bed, my phone would be right next to my bed. The minute I laid down, it triggered me to pick up my phone and look for porn. It was the beginning of my cycle, habit, and routine.

Walking into my room and laying down WAS MY TRIGGER. It triggered my brain to say, “Ok it’s time to look for porn and masturbate.”

I FIGURED OUT WHAT MY TRIGGER WAS AND I CHANGED IT! Instead of looking for porn, I would check the news and then PUT THE PHONE DOWN for the rest of the night.

Learn what your trigger is and change it fast. *What triggers your brain to go into masturbation mode?*

#44 Practice Awareness

Becoming aware of your cycle, habit, routine, and your trigger that starts it all will help you to break the habit of masturbation.

It's hard to control a machine and get it to do what you want it to do if you don't know where the buttons and switches are or what they do!

So it's hard to stop masturbating if you don't know your cycle, habit, routine, or what triggers you to masturbate in the first place!

It's easier to know how to turn your habit "off" if you know where the off switch to your habit is!

Become aware of your behavior and what causes you to masturbate.

Become aware of what's happening in your mind and the feeling that comes over you when you're about to masturbate.

Awareness of your behavior, cycle, habit, routine, and trigger is absolutely critical to your success in ending masturbation for good. It will help you to turn it "off"!

#45 Control Your Thoughts

I remember a bunch of times masturbating because of a thought I had.

The thought popped in my head and it triggered my brain to want to masturbate.

If you want to end your habit of masturbation, you're going to have to change your thoughts.

You're going to have to change the things you think about on a regular basis.

In order to change the things you think about, you need to change the things that you expose your mind to.

What you watch and listen to seeps into your mind.

People that think about sex and pornography all the time more than likely expose themselves and their minds to sex and pornography ALL THE TIME.

If your thoughts are triggering you to want to masturbate, you need to change the things that are influencing your thoughts.

#46 Control Your Emotions

I also remember masturbating because my emotions were all messed up.

I would be upset and down in the dumps and I would masturbate to feel better. I would masturbate to release the negative pressure I was feeling in my mind.

A lot of us who choose to stop masturbating for the better end up letting the decision get the best of us and we experience a lot of negative emotions about it.

We get upset because we're giving up our habit that we're so used to. A habit that makes us happy for a couple of minutes at a time.

Masturbating to make ourselves feel better and to relieve the negative emotions we're experiencing IS NOT the way to go.

It's important to do your best to control your emotions and not let them get the best of you. It's important not to let your emotions cause you to fail at what you really want – which is to stop masturbating.

#47 Control Your Curiosity

Being curious is what causes you to think about sex and then masturbate.

Being curious is what causes you to look at porn and then masturbate.

A big part of stopping masturbation is being able to control your curiosity and prevent yourself from masturbating when you really don't want to.

Curiosity killed the cat... well in your case, curiosity stops you from reaching your goals and being successful in what you really want.

In order to stop masturbating, you're going to need to learn how to turn your curiosity off and not let it ruin your self-control and discipline.

When you start getting curious, instead of giving into it, turn it into immediate self-control.

Tell yourself "no" and turn your curiosity off immediately to prevent yourself from masturbating.

#48 Practice Self-Discipline and Self-Control

I'll be the first to admit it – self-discipline and self-control sucks! I hate it.

I love the benefits... but the actual discipline isn't fun.

BUT it's worth enduring a little pain in order to get the life you want and to get rid of the habits you don't want.

The benefits of self-discipline and self-control outweigh the little bit of pain and discomfort you'll have to go through in order to stop masturbating.

Majority of people NEVER have the strength or willpower to actually stick to their self-discipline and self-control and in return, they NEVER reach their goals or have the life they want. Don't be this person. Practice self-control and self-discipline and DON'T GIVE UP.

#49 Become More Mature

I personally believe that masturbating a lot when you actually don't want to has to do with your maturity.

A mature person can decide that they want to stop doing something and they usually succeed in doing it.

An immature person says they want to stop a habit and they find one excuse after another as to why they keep failing to actually stop.

If you want to successfully stop masturbating, you're going to have to take a look at your current maturity level and decide if you need to improve it.

Becoming more mature will cause you to raise your standards, have more self-control, have more self-discipline, and to actually stick to what you say – to stop masturbating once and for all.

Immature people cheat themselves and never get what they want. Those who are more mature refuse to cheat themselves and they'll stick through it until they get what they want.

#50 Identify When the Childish Part of You Is Trying To Take Over

Speaking of maturity, I've learned that we all have a part of our mind or brain that is more mature and responsible and there's another part that is a childish troublemaker that doesn't like rules.

The more mature part of your brain is about long term gratification and knows that responsibility is the way to go for the best results.

The childish part of your brain doesn't care about anything other than what it wants. It wants short term gratification, pleasure, and fun RIGHT NOW and doesn't care about consequences.

Learn to recognize when the childish part of your brain is trying to have control and not letting the mature side of you make decisions. You need to get rid of the child inside of you and ONLY let the mature part of you run the show.

#51 Don't Feel Sorry For Yourself

When we're trying and working hard to stop a habit or we're having trouble getting into a new one, we start feeling sorry for ourselves and thinking, "Poor me, why do I have to feel this way? Why am I doing this? I bet I'm the only one in the world going through this right now."

Feeling sorry for yourself IS NOT going to make ending your habit of masturbation any easier. It's only going to kill your motivation and make ending your habit of masturbation even harder.

What you need to do is to tell yourself to suck it up and be strong about it.

You're never going to reach your goals if you start getting weak during the pain that is going to ultimately lead you to being a better, happier, and more fulfilled person.

The temporary pain and discomfort of changing a habit is going to help you grow, get where you want to be, and help you to stop masturbating once and for all.

#52 Don't Make Excuses or Try to Convince Yourself

It's really easy to make excuses or convince yourself that the temporary pain and discomfort you're experiencing is not worth giving up your habit of masturbation.

It's easy to start making excuses in your head for why it's "OK" to give up on your attempt to stop masturbating.

Well I'll just tell you this – those who make up excuses and convince themselves that it isn't "worth it" are the ones who wind up old, depressed, and full of regrets because they just didn't hang in there to get the results and life that they wanted.

Please, don't become that person.

Be one of those people that hung in there, stuck with it, made no excuses, and got what they wanted.

#53 Don't Make Yourself Feel Guilty or Bad

A lot of us also tend to make ourselves feel guilty because we're depriving ourselves of something that we really love and something that really makes us feel good while we're doing it.

When I decided to quit masturbating, I went through a stage where I was thinking, "I'm only going to live once and I should enjoy life more."

But then another part of me was like, "Screw that. I WILL enjoy life more if I'm able to kick this habit and get it out of my system and my life for good!"

Whatever you do, don't allow that little voice in your head to guilt trip you and make you feel like you're depriving yourself of something fun or enjoyable.

Life will become more fun and enjoyable when you're able to finally and successfully stop masturbating.

#54 Get Denial Out of Your System

If you really want to stop masturbating for good and put that part of your life behind you forever, you're going to need to stop denying that it's what you really want – or maybe even need!

The whole time I was working to stop masturbating, there was a part deep down inside of me that wasn't completely sure about what it wanted.

I knew I wanted to stop masturbating, but I wasn't completely sure. A part of me denied it.

I knew that even though masturbation wasn't good for me and my best interests, I still liked it.

But a part of me wasn't sure about that either!

If you're going back and forth in between being sure and being in denial, you need to snap out of it.

You need to be completely honest with yourself about what you actually want, and go with that.

Get all denial out of your system

#55 Acceptance

It's important to accept that you're making up your mind to quit masturbating and it's a decision that's going to benefit you in the long run.

Accept that many people out there and majority of men are hopelessly addicted to masturbation and it's something that has only become seen as "normal" over the last 10-15 years – due to the crazy and dirty stuff available on the internet now.

Accept that excessive masturbation wasn't normal before and it shouldn't normal now or in the future.

Accept that you're making the decision not to remain part of the growing numbers of people who are hopelessly addicted to porn and masturbation.

It's something you need to be really proud of. You should feel good about yourself for that.

It's also important to accept that you quitting masturbation isn't easy. It's tough for many people and it might be tough for you. Be OK with that. Accept it.

Finally, accept that you're on a path to becoming a better person and better version of yourself.

#56 Surrender

Instead of fighting the change that you're making and the change that's happening inside of you when you make the decision to stop masturbating, it's good to surrender to it.

Just roll with it.

Give up trying to fight any conflicting feelings or emotions that may come up for you along the way.

Just surrender to them.

Be ok with them.

Acknowledge their presence, but don't let them get you all bent of shape and stressing.

Surrender your negative feelings toward changing your habit of masturbation.

Surrender the part of you that still wants to act like a child and masturbate knowing it's not benefiting to you.

Surrender the part of you that doesn't want to do the work and go through the temporary pain to become a better person.

The longer you stick with it, the easier it will get.

PART 3 —

Change How Your Mind Responds To Masturbation

#57 Motivate Yourself

I personally know that it's easy as hell to lose motivation and to relapse into your porn or masturbation habit.

This is why it's important to put motivators in place such as writing down a list of the benefits that you've noticed you enjoy from abstaining from masturbation.

When you're feeling awesome from not masturbating, make a note in your mind that this is how you ALWAYS want to feel every single day from the time you wake up until the time you go to sleep.

Remind yourself of how awesome you're going to feel if you don't give into temptation.

Remind yourself of how shitty and disappointed you're going to feel if you let yourself down.

Find a person that you really admire and that you're pretty sure isn't addicted to porn or masturbation and motivate yourself to become more like that person.

Watch [motivating videos on YouTube](#). Read [motivating books](#). Do whatever is necessary to keep yourself motivated and away from relapsing.

#58 Reward Yourself for Not Doing It

When you successfully tell yourself “no” and keep yourself from falling into temptation, have a little celebration in your head.

Reward yourself for staying strong and actually controlling yourself. Reward yourself for doing something that you find hard to do.

What should you reward yourself with? That’s up to you.

Personally, if I fall into temptation, I force myself to do something that I hate - like 100 burpees, 100 pushups, or I have to run 3 miles. That stuff sucks!

If I’m strong and I resist temptation, I praise myself and say, “Good job Marc. You’re the man. I’m proud of you.” As a reward, I might give myself a break from a chore or something that I do every day or I’ll go out and get something for myself that I’ve been interested in purchasing. When I see it, it’s a reminder of the good job I did by not being a wussy about not masturbating.

#59 Make Your Mind A Better Place

For a lot of us who are addicted to masturbation, our mind is a dirty and crazy place.

To stop masturbating, you need to clean your mind up. You need to make your mind a better place.

You can do this by not watching anymore porn, obviously, reading more books, watching clean and motivating videos, and keeping anything sexual out of your environment – at least until you get your thoughts under control.

Change what you subject your mind to on a daily basis because that's the stuff that's going to become your regular thoughts.

Start hanging around people who don't have crazy, dirty, and perverted minds – something that I know may be difficult to do.

The cleaner and more wholesome you make your mind, the cleaner your mind will become and you'll be less likely to want to masturbate.

#60 Read More Books

It's proven that reading books is one of the most beneficial things you can do not only to educate yourself on various topics and subjects, but also to become more intelligent.

Books actually change the way you think, communicate, and interact with yourself and those around you.

If you wrap your mind around reading books and learning as much as you can, you're less likely to have your mind wrapped around watching porn and masturbating.

Go out and find books on things that you've been interested in learning for a long time.

Books are getting cheaper and cheaper and there's so many to choose from that you'll never run out of stuff to read or learn about.

Do yourself a favor and become a better man or woman by filling your mind with the awesome stuff that the incredible people around you took the time to write and share with you.

#61 Journal

This is an incredible and life changing tool when you want to stop masturbating because you can get all the crazy stuff out of your head and onto paper.

The awesome thing about journaling is that you can talk to the paper you're writing on and that paper will never tell a soul.

You can get every little detail out and relieve that pressure that you're feeling in your mind.

This is probably the number one tool for relieving stress and getting rid of anxiety because many of us don't talk about our stuff to other people for fear that they'll judge us or think we're a weirdo.

That paper you're writing on won't judge you or make you feel dumb.

Anytime you want to masturbate and the urges are too strong, whip out that paper and start writing. Get all your thoughts out of your head and onto that paper.

To make sure no one reads it, destroy it right after you get done writing it. If you haven't tried it, do it now and you'll discover how amazingly therapeutic it is.

PART 4 —

Create a Better Environment for Yourself

#62 Find Friends Who Don't Masturbate

Now I realize that this one may be a long shot and won't be easy...

BUT, if you have a bunch of friends who are talking trash and telling you that you're dumb for not masturbating, you need to STOP HANGING OUT WITH THEM as much as you can.

You're trying to do something awesome and you don't need negative people feeding you information that isn't going to benefit you in any way.

If you have friends who are always watching porn and sharing it with each other, take a break from them or get away from them as soon as you can.

You are product of your environment whether you want to be or not. Your mind soaks up everything around you and THERE IS NOTHING YOU CAN DO to control that.

All you can do is change your environment and change the people you spend most of your time around because you become just like them.

#63 Confide In Someone

If you have someone that you really trust and someone who isn't going to put you down or judge you, tell them about your masturbation problem and that you're trying to kick the habit.

Tell them that you're giving it up.

Doing this plants a seed in your mind that someone now knows about your secret and if you keep masturbating, they're going to know about it.

Now every time you're about to masturbate, you're thinking about what that other person may say or think if they know that you're not staying true to your word and what you told them about stopping.

Letting the secret out is a big step towards changing the habit and getting it under control.

It's a big step towards changing your life and being in control of that as well.

So find someone you trust a lot and confide in them.

#64 Inevitability Factor

This is something else I learned from Eben Pagan.

He calls it the “Inevitability Factor” because you need to make it “inevitable” that you’re going to get what you want. There’s no ifs, ands, or buts about it.

Make the consequences of masturbation more painful than actually stopping the habit.

What you do is find something that’s painful to you – maybe it’s giving someone a portion of your paycheck or savings or having to do excruciating exercise - and then you tell a close friend WHO IS GOING TO HOLD YOU ACCOUNTABLE (maybe the same person you confided in) that you’re giving up masturbation and if you happen to slip up or relapse, that they can cash a check you wrote them and spend ALL OF IT immediately.

If giving someone \$500 of your hard earned money is painful, write that person a check for \$500 and tell them to cash it and spend it immediately if you mess up.

It won’t take many times for you to knock off the habit if it’s causing you more pain doing the habit than not doing it.

#65 Limit Your Time Alone

So the reason most of us have so much time to masturbate is because we have A LOT of time to spend in private or away from other people.

It's funny that the people who aren't hooked on masturbation or porn ALWAYS had people around and they didn't have much private times to themselves.

So do your best to limit your time alone because the more people you have around, the less likely you are to spend time in private - masturbating.

If you have to get out of the house, apartment, or wherever you live and go to the mall or park, DO IT.

Limit the amount of time you spend by yourself.

Try to even make it a personal rule of yours that you aren't going to spend time alone – at least until you have your masturbation habit under control.

Start leaving doors open, become less secretive, become less private, and stay around other people.

#66 Start Going Out On More Dates

If you're busy meeting dates and potential lovers, you're not going to have enough time to sit at home and masturbate.

Make it a goal to meet several new people a week, have lunch or dinner with them, and go out on dates.

A lot of people who masturbate excessively don't have any interest in going out on dates or meeting anyone because their dopamine levels are all messed up – and dopamine is what makes you enjoy meeting new people and going out on dates.

Once you give masturbating a break, you'll notice you'll be more NATURALLY inclined to want to meet people and go out with them and you'll actually find it more pleasurable and fulfilling than sitting at home playing with yourself.

So give up your artificial lovers that you imagine while looking at porn and masturbating and go out and find some real life ones.

#67 Start Making More Friends / Going Out More

When you start limiting or even eliminating your time alone and you start meeting people and going out on dates, you're going to start making more friends and going out doing things more than usual.

If you can't limit your time alone or go out on more dates, I understand. Some people's lives are like that.

BUT you can still go out and make more friends. You can go out and talk to strangers and get to know those around you.

Personally, I make it a point to say hi to people most places I go and to have conversations with them.

You'll be surprised how friendly most people are and how much they'll like and appreciate you for being friendly and taking interest in hearing what another person has to share and say.

#68 Find a Support Group

If you're struggling with masturbation really bad and just can't seem to do it on your own, no matter how hard you've tried, find a group of individuals who are trying to reach the same goals as you are.

Find a group that is focused on ending their habit of masturbation and they all support each other in their efforts.

If there's none that you can go to physically, there are literally DOZENS of communities on the internet and more are popping up every single day.

Here you can talk about your experience, share your frustrations, and get feedback from others just like you.

Here's one you can start out with:

NoFap.com – this is a community dedicated to helping you end your addiction to masturbation and you're going to find a lot of information on the subject here.

#69 Get Professional Help/ Therapy

Some of us are so addicted to masturbating and porn that only professional help or therapy will help.

If that's you, it's OK.

There's nothing wrong with saying and deciding that you need help that is beyond your control. There's nothing wrong with reaching out for help on a high level.

At least you're making an effort.

There are now doctors and specialists who only specialize in masturbation and porn addiction.

[Dr. Kevin Skinner](#) is one of them.

[Dr. Laura Berman](#) is another.

They specialize in helping you treat and cure sexual addiction, porn, and masturbation addiction.

Look up physicians in your area that specialize in sexual addictions and make an appointment to go see them. Find a therapist that can help you through your addiction and eventually overcome it.

PART 5 — Find Something Else to Do Instead Of Masturbating

#70 Use Your Sexual Energy to Do Something Positive

When our sexual energy builds up and becomes too much, we masturbate because that's what we're used to doing.

Did you know that you can use that built up sexual energy and apply it towards something bigger, greater, and better than masturbation?

Did you know that the sexual energy you're feeling can be a source of more motivation, focus, clarity, and energy than you're used to having?

Instead of masturbating, take that sexual energy and USE IT towards a goal. Use it to work out at the gym. Use it to focus and concentrate on something that really requires it.

In Napoleon Hill's Book [Think and Grow Rich](#) he talks about using your sexual energy to reach your goals.

#71 Replace Masturbating With a Positive Routine or Habit

If you're used to masturbating every day when you get home or every night when you lay down to go to sleep, find an activity to replace it with.

At the time you're used to masturbating, find something else to do instead that is going to distract you or move you towards being a better person.

When I stopped, I started doing push-ups every single night at the time I usually masturbated.

So instead of going to my room and automatically thinking, "masturbation", I was thinking, "Ok, gotta knock out these 50 – 100 pushups."

I did that routine for so long that now, the last thing on my mind when I go to bed is "masturbation".

#72 Change Your Environment

As you read before, you become a product of your environment whether you want to or not.

Your mind soaks up everything around you whether you want it to or not.

You can't change how your mind works but you can change the environment that you expose yourself to.

Have you ever made a new friend and all of a sudden you were acting and talking like them?

Change the people and places you find yourself around.

Change the things you watch on TV. Change the things you listen to. Change the material that you read.

Stay away from all sexually related stuff until you can get control of yourself and your masturbation habit.

ANYTHING that you look at or listen to will seep into your brain without you even noticing it! This is why it's so important to change your environment.

#73 Change Your Routine

Most of us who suffer from a masturbation problem have the same routine day in and day out.

We're all creatures of habit and as you learned, your brain puts everything on autopilot so you don't go insane.

Well your daily routine is something that's been "autopiloted" by your brain as well. (I made that awesome word up right now) You go through the same motions every day and you probably masturbate at the same time every day.

This is why it's important to make some changes to your daily routine and completely change it if you have to!

Start waking up at a different time, preferably earlier, move at a different pace, do something different when you get off work, and find something to occupy your time that you usually spend alone masturbating. A change in routine will lead to a change in habits.

#74 Stay Busy and Focused

Boredom is one of the biggest things that brings about the urge to masturbate.

So to stop yourself from masturbating, it's important to keep yourself from getting too idle, static, or sedentary.

Find something to work towards and stay busy and focused on that thing every single day.

For me, I had been thinking about writing a book but never found the motivation or focus to actually do it.

Surprisingly when I was able to stop masturbating for a few days, I was able to stay busy and focused getting that book finished and almost magically, I never thought about masturbation!

It was pretty awesome.

Whatever it is that you want to do or have been wanting to do with or in your life, get started on it NOW and keep your mind busy and away from masturbation.

#75 Distract Yourself

When the urge to masturbate hits you, find a distraction to get yourself to snap out of it right away.

Find a distraction to get your mind out of the foggy cloud that overcomes it when you want to masturbate.

Find a distraction to keep your mind away from wanting to watch porn or masturbate.

Find a distraction to keep you on the path that you want to be on. To keep your mind away from what you don't want and to keep it on WHAT YOU DO WANT.

Instead of looking at porn, play some games on your computer or your cell phone.

Watch some motivational videos get your mind out of where it's currently at and to push it to where you want it to go.

Get a book and read it until your urge to masturbate subsides.

Pick up your phone and call someone you haven't talked to in a while or put a movie on that you've been wanting to watch. Find a way to distract yourself.

#76 Find New Hobbies

There's always a new hobby that you can pick up, learn, and spend time getting good at.

There's always a new hobby that you've been interested in learning and getting into.

Research your hobby, meet people who are into it, and learn everything about it.

Doing so will keep your mind away from the normal urges of wanting to masturbate.

Once you've invested yourself into your hobby for at least 30 days, you'll notice that your urges to look at porn or masturbate will go away and you will have replaced that habit of masturbation with something that you find equally fulfilling and enjoyable.

There's an unlimited amount of options out there for you.

You can take an art class, cooking class, yoga class, martial arts class, etc.

Anything you want to learn and get good at, there are resources available around you and on the internet.

PART 6 — Gain Leverage on Yourself — Be In Control

#77 Learn To Turn It
“Off”

It's possible to turn off the urge to masturbate every time it comes up for you.

It just takes practice.

You're not going to get it perfect the first time but as you practice, you'll find it easier and easier to trigger mind into thinking about something different.

What I mean by turn "It" off is the urge to masturbate.

You can control your urges and your thoughts even if you don't believe you're able to.

Once you prioritize in your mind what is the most important and beneficial to you and your life, all you have to do is think, "Ok, what should I be thinking about instead of this? What's more important and beneficial to be thinking about instead of masturbating?"

Once your priorities are set in your mind, when the urge strikes, you can switch your mind to something else.

#78 Learn To Tell Yourself "No"

Part of being a mature adult, which is something we all should be, is being able to tell yourself “no”.

It’s being able to tell that little kid inside of you that wants to do nothing but cause trouble “no”.

At first, from my experience, telling yourself “no” can be difficult and hard to get used to.

But the more you work at it and the more effort you put into it, it’ll become easier and easier to control that part of you that wants to do what isn’t best for you.

When the mood strikes and the urge comes up, tell yourself out loud, “No. I’m not doing it. I’m not sabotaging what I really want for myself so that I can have a few seconds of pleasure and euphoria. It’s not worth feeling like crap for the next 24-48 hours.”

Get good at keeping yourself in line and keeping the mature part of you in charge and making the decisions. Just like everything else, your mind will make a habit of making more mature decisions.

#79 Learn To Redirect

When you turn it off and tell yourself “no”, redirect your thoughts towards something else that is actually worth your time in the long run.

Redirect your current thoughts to what’s going to happen long term if you keep up the habit.

Stop being short term gratification minded and learn to delay gratification by becoming long term gratification minded.

Ask yourself, “Ok if I keep having these thoughts and actually giving into them, how is this going to hurt me in the long run? If don’t stop now and get this habit of masturbation under control, how long will it take in the future for me to get it handled? How much will I be missing out on if I keep doing what I’m doing? How much potential and fulfillment will I be depriving myself of?”

Redirect your thoughts and point them toward what you want. Think about the consequences of your short term actions and the benefits you’ll be able to enjoy LONG TERM if you do everything within your power to knock off your habit of masturbation once and for all.

#80 Keep a Reminder in Sight

When I gave up smoking cigarettes, I knew it was going to be one of the hardest things I'd ever done in my life.

I was motivated by a former Navy SEAL and I ordered a t-shirt from his company that said, "Not Dead Can't Quit". When I received the t-shirt in the mail, I noticed that he had also sent me a coin that on one side said, "You Can Do It. Hit the Target" and the other side said, "I Can Only Be Beaten If I Die or Give Up".

I kept that coin in my pocket every single day and when I wanted to smoke, I'd reach into my pocket and rub my fingers on it as a reminder of what it said. Because of that coin, I was able to stop smoking.

It was a powerful reminder for me!

You can do the same. Wear a bracelet or keep something around or in your pocket so that every time you see it, it reminds you to stay strong and reach your goal of ending your habit of masturbation.

PART 7 — Take Direct Action Against Masturbation

#81 Stop Watching Porn

This one is a big “duh!”

It's obvious that this is a huge thing you need to stop doing if you want to quit masturbating.

But it isn't as easy as just not watching it.

Porn is so accessible today that kids can reach it as easy as adults can.

It's going to take discipline, self-control, and willpower to really be able to pull this one off.

But I know you can do it because I was able to.

Every single step in this book can be applied towards your efforts to stop watching porn.

If you have to get rid of your computer, DO IT. Sounds extreme but that might be what you need.

If you're addicted to porn and it's directly linked to your masturbation habit, like it is for most of us, the porn has to go. You can't give up masturbation without giving up porn. This will create a huge leap in progress for you.

#82 Install Blocks/Guards On Your Browser. Have Someone Else Set the Password

If you're unable to give up porn easily and your mind and body wants to put up a fight, install a block or guard on your phone, tablet, computer, etc. and LET ANOTHER PERSON SET THE PASSWORD so that you'll never know what it is.

Maybe it's the same exact friend who you confided in and wrote a check for \$500 to.

This way, even if you want, you won't have access to porn and there's nothing you can do about it!

You have to save and protect yourself from your worst enemy – yourself.

#83 Create Barriers for Yourself

Another thing that I did to stop myself from masturbating was I created barriers for myself.

Since I would mainly look at porn on my cell phone, I stopped leaving my phone next to my bed when I would go to sleep at night.

I would leave it in the kitchen so I had no choice but to read a book or just go to sleep.

Do the same for yourself. If you mainly look at porn on your cell phone, leave it in another room.

If you mainly look at porn on your computer, besides putting blocks in place, make it a point to shut your computer down the minute you're done doing whatever it is that you have to do. Stop and get away from the computer.

Do whatever you have to do.

Put barriers in place so you're not able to subject yourself to the things that cause you to masturbate.

#84 Don't Look At Anything Sexual

This is just as obvious as looking at porn but it's a little bit more subtle.

I would look at the app The Chive on my cell phone on a regular basis and it features tons of girls barely wearing any clothes.

That would trigger me to want to masturbate.

So I had to stop looking at it.

My buddy Sean said that any little sexual thing no matter how small would tempt him.

Stay away from ANYTHING that is even remotely sexual. Stop subjecting yourself to anything that can plant sexual thoughts into your head.

If you own anything that plants these thoughts into your head, get rid of them as soon as possible.

Masturbation and porn addiction is an extreme habit and to get it out of your system, sometimes you have to go to the extreme to do it.

#85 Get Rid Of Any Devices or Toys

If you own anything that aids you in masturbation, porn, or sexual excitement, it has to go.

I've personally never messed with any stuff like this so I have no idea how hard this particular step may be for you.

But from what I hear, I know a lot of people keep things like this hidden in their dresser drawers or under the bed.

It's important for you to get rid of these things because having them around and just them being in your vicinity can lead to temptation and cause you to relapse.

Even if it's not meant to be used as a sexual toy BUT you are using something as one, get rid of it as soon as possible.

If you keep them around, you're only cheating yourself.

Also, stay away from the stores that sell this stuff.

#86 Get Rid of Magazines, DVDs, or ANYTHING That Triggers You

Just like your toys or devices, the same goes for any magazines, DVDs, pictures, saved data, or ANYTHING.

GET RID OF IT. It's gotta go.

I remember seeing a documentary about a guy who masturbated about 10 times a day and when it was time to throw out his porn, he went completely insane.

He was crying, screaming, and going crazy.

So I understand that this may be tough for you and it's going to be challenging.

But if you want to reach your goals of being a person who is free of masturbation, this is a necessary step.

Also, any stores that sell this stuff, stay out of them.

#87 Stop Sexualizing Everything

When our mind is used to masturbating all the time, we tend to sexualize everything around us and in our everyday lives.

I remember when I would talk to women, all I would think about was what their breasts and vaginas looked like and what they would be like in bed.

I wasn't genuinely interested in hearing what they were about. I was only interested in how fast I can get them in bed to have sex with them.

When I stopped masturbating, I was able to stop doing this when I would talk to women. I was actually able to look them in the eye, listen to what they were saying, and sex was the last thing on my mind.

But this also came with training my mind not to sexualize everything.

You can do the same. Do your very best to stop thinking about sex 24 hours a day. Do your best to make sex the last thing on your mind.

#88 If the Temptation Hits You, Physically Stop What You're Doing and Leave The Room

Sometimes when I would be going to sleep, the temptation to masturbate would hit me and I would physically get up and leave the room.

What I did after that didn't matter much. I would get some water, watch TV for a few minutes, or just read a book on the couch.

The point was that I physically got up and got away from my position so I would avoid falling into temptation.

You can do the same.

I don't know what your routine is but if the urge strikes you when and where it usually does, get away from where you're at and do something else completely. Physically GET UP and leave the room.

#89 Exercise When You Feel the Urge

This is another one that really helped me to stop masturbating.

Exercising actually takes your mind from a current state and puts it into another, usually better, state.

If the urge is getting to you and it seems too hard to handle at the moment, do some exercise.

It doesn't matter if it's running, jogging, push-ups, pull-ups, burpees, lunges, squats, etc.

All that matters is you get your body moving and get some blood pumping in your body.

Make it a habit that every time you want to masturbate, you automatically start doing some sort of exercise.

It will become an automatic thing in your mind that when the mood strikes, you'll want to exercise instead of masturbate. You can actually trick your brain!

PART 8 —

Better Habits Will Lead to Better Behavior

#90 Get More Sleep

When it comes to habits and getting over the bad ones, sleep is CRUCIAL to your success.

Sleep can make the difference in how much stress and pressure you feel while trying to stop.

Studies have shown that a lack of sleep can affect you worse than being drunk or high on some drugs.

Everyone is different but WE ALL need at least 7-9 hours of sleep every single night in order to perform and be at our very best.

If you're not at your very best, it's going to be hard to summon up the strength and willpower THAT YOU NEED in order to stop your habit of masturbation.

So sleep is crucial.

It's better to operate at 100% than at 65%, like most people do on a regular basis.

If you want something that is going to make quitting masturbation much easier, start getting more sleep.

If you have to change your schedule or put some things in order to make it happen, it's worth it.

#91 Meditate

Meditation is a practice used to relax your mind and clear your mind and body of all negative energy.

We all think about monks when we hear the word “meditation” but in actuality, more and more people like yourself are incorporating meditation into their daily routine.

If the urge to masturbate seems like it’s becoming too much, try meditating.

There are [many ways to do it](#), but here’s how I do it and it works great for me:

Sit in a quiet room in a chair, on the floor, or simply stand up. Become so still, calm, and quiet that you can hear yourself breathing. Focus on listening to yourself breathing, listen to the sounds from outside, listen to the sounds coming from inside wherever you’re at, and do your best to relax your mind and keep it clear. Don’t think about anything. Just let your mind relax and become calm.

Do this for 5 – 30 minutes when you want to masturbate and the urge will subside.

#92 Stretching and Yoga

Another way to relax your mind and body is to stretch and do yoga.

These are two of the most common and powerful stress relieving activities that you can do to relax your mind.

The negative energy from stress stays trapped in your muscles and simply trying to mentally relax your mind may not be enough to handle this negative energy.

Stretching and doing yoga helps to release all this built up stress and negative energy from your muscles and your system.

[Yoga](#) is also like stretching, except there's just a little more to it.

Yoga is a little bit more disciplined and challenging but with time, the benefits you get from it are very rewarding and mind blowing.

Just start with the simple stretches and yoga poses if you've never done them before.

#93 Breathing Techniques

On top of meditating, stretching, and doing yoga, there are breathing exercises you can do to relax yourself and stop yourself from masturbating.

Breathing techniques are taught in stress management courses and even to soldiers to keep them calm during moments of intense stress. They call it battle breathing.

But in this case, you're going to use it keep your mind settled and to relax yourself when you're tempted to masturbate.

Breathing techniques work because they supply additional oxygen to your blood and that blood runs up to your brain to give you a relaxed, euphoria like feeling.

Here's what you do: with your mouth closed, breathe in slowly through your nose as deeply as your lungs will allow. After you hold it for 5 seconds, exhale through your mouth very slowly until your lungs literally have no more air. Do this 5 times and see how you feel.

#94 Eat Healthy Food

I've always been a firm believer that what you put into your body is going to directly affect your mind in one way or another.

When my diet is clean, I'm more focused, clear, more motivated, have more energy, and can reach my goals easier and faster.

When my diet is full of junk food and things that aren't good for me, I'm unfocused, unmotivated, my mind is foggy, I'm tired, lacking energy, and I have a harder time reaching goals or even keeping my mind on them!

So I was able to successfully stop masturbating partly because I cleaned up my diet and stuck to healthy food that kept me clear, focused, motivated, and full of energy.

Take a close look at your diet...

Is it full of junk food or healthy food?

If you want to make your goal of quitting masturbation easier to obtain, make sure you're eating healthy food to keep your mind focused and motivated.

PART 9 — Get Your Body and Mind on a Different Page Fast

#95 Do Pushups or Pull-ups

Pushups and pull-ups work great when you need to stop yourself from masturbating because they get your blood pumping and they put your mind on a different page.

Does it matter how many you do?

Well I know not everyone can do a pull-up but I'm sure everyone can do a pushup, or close to it.

I recommend doing as many as you can until your mind isn't focused on masturbating anymore but rather it's focused on how much your muscles are burning from the pushups or pull-ups.

Pushups are easy to do, can be done anywhere, at any time, and to get your mind off the wrong track and onto the track IT SHOULD BE ON.

#96 Jogging

Jogging is also something that everyone can do and something that can be done pretty much anywhere and at any time.

If you hate jogging, even better because while you're jogging, either in place or for a distance, all you're going to be thinking about is getting it over with.

You're not going to be thinking about masturbating.

You're not going to be thinking about porn.

You're not going to be thinking about anything sexual.

All you will be thinking is, "My legs are burning and I can't wait until this is done."

This gets your mind off the page of masturbation and places it somewhere else INSTANTLY.

When you get done jogging, you're not going to be worried as much about masturbating as you will be taking a break and resting.

This worked wonders for me because I would force myself to keep running when I really wanted to stop.

#97 Take a Cold Shower

The [benefits of a cold shower](#) are awesome, but they'll also help to snap you out of masturbation mode.

They also suck big time.

When you hop in a cold shower because you're tempted to masturbate, your priorities are going to shift IMMEDIATELY and all nonsense that you have going on in your head is going to leave your brain faster than you can imagine.

Masturbation is going to go from being mission number one to the last thing on your mind.

Mission number one is now getting out of that cold ass shower so you can be warm again!

After getting out of the shower, your mind and body are going to be in so much shock that even if you wanted to, it would be a while before you'd be able to get your mind back into wanting to masturbate.

#98 Watch Embarrassing Videos of People Getting Busted

And last, if you want to snap yourself out of wanting to masturbate fast as hell, look at some videos of people getting caught masturbating and realize IT COULD BE YOU getting caught by someone else.

Look how angry and embarrassed these people get when they get caught.

If masturbation was NORMAL, they wouldn't react in that way at all!

Notice how lame it looks when you're on the outside looking in.

Notice how you kind of feel sorry for that person and realize that the person you are watching IS YOU!

They're doing the exact same thing and look the same way you do every single time you choose to go into private, lock a door, and masturbate.

CONCLUSION

Making Sure
Your Changes
and Better
Habits Stick

Keep Using What Works and Throw Out What Doesn't. Don't Keep Doing What Doesn't Work

I'm aware that not every single thing you read in this book is going to work for you but I recommend taking the stuff that works really great for you and sticking to it wholeheartedly until you're finally able to end your habit of masturbation once and for all.

Since everyone is different, the mixture of things that you use probably won't be the same as anyone else who reads this book.

It's a mixture that's unique to you and only you.

It's the mixture that is going to help you FINALLY overcome, conquer, and BEAT your habit of masturbation once and for all!

I know you can do it because I did and I'm stubborn, hard-headed, and not that smart!

I was really addicted to porn and masturbation and I, out of all people, was able to overcome it and rid myself of it's negative influence on my life once and for all!

If I did it, you can too.

You are able to do ANYTHING you really want and that you put your mind to.

You are able to do ANYTHING that you are absolutely sure that you want to do.

I had that little voice in my head telling me that masturbation wasn't for me. It was telling me that I'm better than what I was allowing myself to be. It was telling me that I can quit if I really wanted to.

What is your voice telling you?

That little voice in your head will never lie to you and it knows what's best for you and your life. Even if you try to ignore it, it won't go away. Start listening to that voice that wants you to stop and FINALLY make it happen!

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1. Boosting your confidence and how to train your brain and change the way you think
2. How to understand the way women think and operate and properly handling moments of difficult woman behavior
3. What you should and shouldn't do when you're on a date and/ or interacting with women
4. Handling yourself and what you should and shouldn't say and do when talking to women
5. Meeting and interacting with women on the phone, internet, and in bars and clubs
6. Sex
7. How to dress and take care of yourself to be more attractive to women

Confidence



5 REAL Ways To Impress Her and 4 Ways Not To!

What really impresses women? Do you know? What makes them truly see you as different? It's not what you think. Learn what most guys do, why it doesn't work most of the time, and what you can start doing RIGHT NOW to have more confidence and make her and see you in a totally different light.



[Video] 5 Ways To Get The Girl All The Guys Want

Here are 5 things that the guys around you aren't doing to make their dating life better. These 5 things will help you get the girl that all the guys want and allow you to keep her around.



[Video] 4 Ways To Become A Hard To Get Guy and Why Women Love It

Most guys want to make themselves easy for women so they'll feel more attraction faster. But this often backfires and blows up in their face. Here's what you should do instead.

On a daily basis, I post FREE Videos and Articles that cover a WIDE RANGE of topics associated with Women and Dating

These FREE Dating Tips Are Broken Into Categories

- Confidence
- Inner Game
- About Women
- Women's Behavior
- Interacting with Women
 - While On A Date
 - Talking To Women
- On The Phone and Texting
 - On The Internet
 - At Bars and Clubs
 - Sex
 - Dressing/Hygiene
 - Body Language

About Me

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Meet Marc Summers

Who Is Marc Summers?



I'm not some guy who read a couple of dating and love books or watched a few dating videos and now I think I know everything about women..

I did something better than that – I GOT OUT THERE AND GAINED EXPERIENCE WITH WOMEN – and years of it.

I failed, embarrassed myself, and looked like an idiot time and time again.

But I didn't stay down and lose hope like most men...

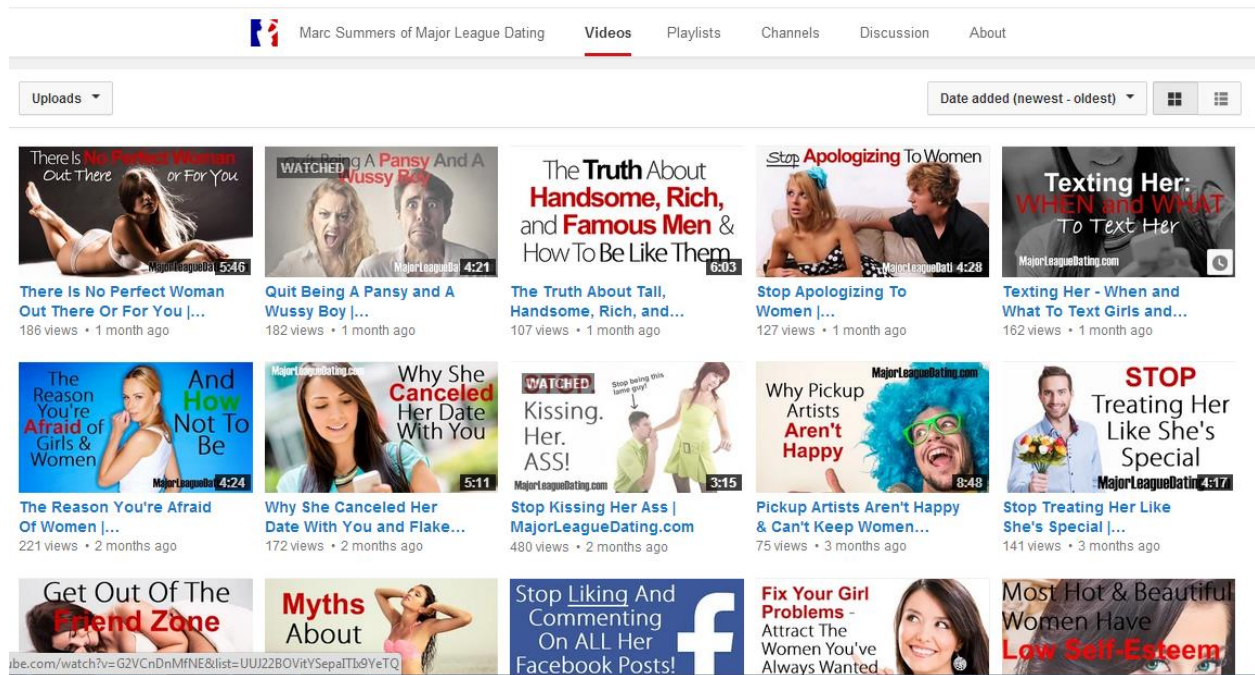
I GOT BACK UP every single time.

See, I'm just a normal dude like you but I spent many years, too many in fact, not knowing what I was doing when it came women and dating. I kept getting rejected, I didn't know why women wouldn't answer when I called or call me back, and I couldn't get most women to go out on a second date with me.

When I did get "lucky" enough to get a girlfriend, it never lasted long. I usually got cheated on or dumped. I was VERY frustrated at the idea that I was FAILING MISERABLY in my dating life.

Hear my story and learn how I came across the stuff I'm teaching you. I tried my best, screwed up a lot with women, and it finally came to a point when I had enough and decided to learn how to actually get it right.

My YouTube Channel



I upload new videos ALL THE TIME giving you tips and advice on women and dating. If you are a YouTube user, make to [Subscribe to my channel](#) so you don't miss any updates or new MajorLeagueDating YouTube videos.

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- **How to make women think you're sexy when you talk to them** – what voice tone to use, how loud or soft, fast or slow to speak – Pg 260
- How constantly improving and bettering yourself **keeps women chasing you** and makes you way more attractive than the other men she normally meets – Pg 43
- The **ONE THING** you need to stop doing **that will start getting you IMMEDIATE RESULTS with women**, make you into the man women REALLY WANT, and make you feel better than you've ever felt in your life – Pg 208
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- How to **understand women** better and get INSIDE their heads and know what they're thinking – *Pg 48*
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- How **men and women are like cats and dogs**, what you can learn from it, and how it can help you **attract women you like with a fraction of the effort as before** – *Pg 46*
- How to **prevent women from noticing that you're nervous** and always appear cool and relaxed – *Pg 94*
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- What parts of yourself to work on and improve so that **women will automatically know there is something "different" and more attractive about you.** Something that separates you from all other men – *Pg 88*
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